



# Kessinger Diagnostic Centre

[www.drkessinger.com](http://www.drkessinger.com)

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Your body's pH is an indication of health status and an acid pH is generally caused by chronic inflammation. If your blood and urine are more acidic than they should be, basic processes like getting oxygen, glucose, and other nutrients in your cells, and waste products out are hindered. Enzyme functions and the metabolic process are slowed down by an acidic pH, as well. Your body, over time of fighting acidity, wears down its buffering ability and causes the body to age faster, being more susceptible to disease. Normal pH needs to be restored and the buffering system needs to be rebuilt to a healthier state. An alkaline forming diet along with proper supplementation will help you establish normal pH. Healthy pH levels are an essential part of you getting and staying well.

Measure your first morning urinary pH using Hydrion pH paper. Measure 5 days in a row, throw out the high and the low, then average the middle three.

**Ideal pH is 6.4-7.0**

**An acidic pH is anything below 6.4**

**If pH is acidic:** (less than 6.4)

Squeeze 1/4 of a lime into 4 ounces of water and drink.

Do this first thing in the morning and 30 minutes before bed. It is most effective on an empty stomach.

Take 2 K-Alkaline + Mg 30 minutes before bed and check urinary pH the next morning. If it is below 6.4 the next morning, then take 4 K-Alkaline + Mg 30 minutes before bed and check urinary pH the next morning. If it is below 6.4 the next morning, then take 6 K-Alkaline + Mg 30 minutes before bed and check urinary pH the next morning. If it is still below 6.4 the next morning, see baking soda instructions.

If it rises above 7.5 then back off 2 K-Alkaline + Mg at a time until it is within normal range.

**Baking Soda Instructions:**

If after increasing K-Alkaline + Mg to 6 before bedtime and the pH has not reached 6.4, then add 1 teaspoon of baking soda to 4 ounces of water and drink along with 6 K-Alkaline + Mg. Based upon the next morning's urine pH, you will either increase, decrease, or keep baking soda level the same. You may put a small amount of Stevia in it for more tolerable taste.

Continue for 2 weeks on this dose and then retest your pH 5 days in a row as described.

Based on getting your pH in the ideal 6.4-7.0 range, an alkaline diet along with proper supplementation will help you establish normal pH. Healthy pH levels are an essential part of getting and staying well.

**Additionally you may add:**

Epsom Salt Bath:

One cup of Epsom salts in hot water and soak for 15 minutes. Ideally once per day.